

# Accessing your super

## July 2024

Super is intended for you to use in retirement, so the law restricts access to your super until specific conditions are met.

There are three types of benefit categories within super:

- Unrestricted non-preserved benefits
- Preserved benefits
- Restricted non-preserved benefits.

Your benefit statement will show you the amount of super you have in each category.

You can access your unrestricted non-preserved benefit at any time. However, you can only access your preserved or restricted non-preserved benefit when you meet one of the conditions in the table below. If you have transferred super from your New Zealand KiwiSaver to your Australian account, stricter rules may apply to the amount you transferred.

| Condition  | Access to   |   | Available to  |                                 |
|--|---|---|---|---------------------------------|
|  | Preserved super benefit                                 | Restricted non-preserved super benefit                  | Australian citizens<br>Australian permanent residents<br>New Zealand citizens | Australian Temporary Residents* |
| <b>You are under 60 and you leave your current employer but don't permanently retire</b> | None  | Full  | Yes   | No                              |
| <b>You have reached age 60 but haven't retired</b>                                       | May be available as a non-commutable pension or annuity | May be available as a non-commutable pension or annuity | Yes   | No                              |
| <b>You have reached age 60 and you leave your current employer</b>                       | Full  | Full  | Yes   | No                              |
| <b>You have reached age 60 and you have permanently retired</b>                          | Full  | Full  | Yes   | No                              |
| <b>You have reached age 65</b>   | Full  | Full  | Yes   | No                              |
| <b>The trustee is reasonably satisfied that you are permanently incapacitated</b>        | Full  | Full  | Yes   | Yes                             |

| Condition   | Access to               |  | Available to  |                                 |
|---|-------------------------|--|---|---------------------------------|
|   | Preserved super benefit | Restricted non-preserved super benefit | Australian citizens<br>Australian permanent residents<br>New Zealand citizens | Australian Temporary Residents* |
| <b>You are accepted for a compassionate grounds benefit</b>   | Partial or full         | Partial or full                        | Yes   | No                              |
| <b>You are accepted for a financial hardship benefit</b>  | Partial                 | Partial                                | Yes   | No                              |
| <b>You are accepted for a Terminal Illness benefit</b>  | Full                    | Full                                   | Yes   | Yes                             |
| <b>You leave Australia and you are accepted for a Departing Australia superannuation payment (DASP)</b> | Full                    | Full                                   | No  | Yes                             |
| <b>You are aged 18 or over and qualify for a First Home Super Saver Scheme (FHSSS) withdrawal</b>       | Generally partial**     | Generally partial**                    | Yes   | Yes                             |

\*If you have a Subclass 405 (Investor Retirement) or Subclass 410 (Retirement) visa, the rules that apply to you are the same as for Australian citizens.

\*\*Withdrawal limited to maximum amount calculated by the Australian Taxation Office (ATO).

## If you need more information

You can read more about accessing your super at [ato.gov.au](https://ato.gov.au).

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